

A Guide To Using the SOTA Units

SOTA offers five units—Silver Pulser, Magnetic Pulser, Water Ozonator, Bio Tuner and LightWorks. We include suggestions on the use of all five units in this guide. Three of our units, Silver Pulser, Magnetic Pulser and the Water Ozonator, were originally designed to be used together as part of a four-step program, developed by a physicist. First, we describe these four steps and then the use of the Bio Tuner and LightWorks.

A Four-Step Program for General Health and Well-Being

- 1) Micropulsing using the Silver Pulser
- 2) Pulsed magnetic fields using the Magnetic Pulser
- 3) Ionic~Colloidal Silver using the Silver Pulser
- 4) Freshly ozonated water using the Water Ozonator

Please refer to the product manuals, or the SOTA Community website, for basic information on the use of the units. The following additional guidelines have been developed based on our personal experience and feedback from others. Please remember the following is a guide—you may decide you need more or less than is suggested.

First, three recommendations:

- Those who are most successful with this program have often taken steps to improve their lifestyle. Changes to consider are: improving diet, reducing stress, emotional healing, getting moderate exercise, removal of mercury fillings, heavy metal and chemical residues in the body, and avoiding environmental toxins.
- Cleansing programs to improve elimination are also beneficial. A suggestion is to consult a natural health practitioner for a cleansing program.
- When stopping the protocol, it is best not to cease all 4 steps at once. It is best to stop only one of the 4 steps at a time.

Micropulsing using the Silver Pulser

The Silver Pulser provides a simple way to apply microcurrents by placing the electrodes over the two pulse points on the wrist.





For General Health and Well-Being

Initial Use: It is often best to build up the time gradually—starting with about 15 minutes a day and building to two hours or more daily. Pulse for at least 2 hours daily for 6 to 8 weeks.

Maintenance Schedule: After the initial program, suggestions for maintenance are a) 2 hours daily for 2 days per week, b) 2 hours daily for one week per month or c) 2 hours daily for one month repeated twice yearly.

For Those Desiring A More Intense Program and Longer Term Use

Initial Use: It is often best to build up the time gradually— starting with about 15 minutes a day and building to two hours or more daily. It may be necessary to continue for many months or even years.

When stopping Micropulsing, it is best to reduce the daily time gradually. It is also important to continue the program for a long enough period of time ... possibly up to one year or more.

Maintenance Schedule: After the initial program, suggestions for maintenance are a) 4 days per week, b) one week on and one week off.

Eventually, the maintenance schedule for general health and well being can be followed. If feeling the need for a return to the more intense program, do so at any time.

Pulsed Magnetic Fields using the Magnetic Pulser

Pulsed magnetic fields are known to create microcurrents. This unit can be applied to any area.

Polarity is clearly marked on the Hand Paddle. For most applications it is best to use the Bio North (-) polarity side of the Hand Paddle. The Bio North (-) polarity of the Hand Paddle can be applied to any area of the body.



For General Health and Well-Being

Initial Use: As with the Silver Pulser, build up length of use gradually. Apply the unit once or twice daily for the timed 20-minute session over the lymph nodes and organs. Continue use for 6 to 8 weeks.

Maintenance Schedule: After the initial program, suggestions for maintenance are as needed or a) one or two sessions daily for 2 days per week, b) one or two sessions daily for one week per month, or c) one or two sessions daily for one month repeated twice yearly.



For Those Desiring A More Intense Program and Longer Term Use

Initial Use: As with the Silver Pulser, build up length of use gradually. Apply the unit for four or more sessions daily. The unit can be safely used for many months or even years.

Maintenance Schedule: After the initial program, suggestions for maintenance are a) four or more sessions daily for 3-4 days per week, b) four or more sessions daily every other week.

Eventually, the maintenance schedule for general health and well being can be followed. If feeling the need for a return to the more intense program, do so at any time.

Make Ionic~Colloidal Silver using the Silver Pulser

Ionic~Colloidal Silver has antibacterial qualities. Prior to the advent of antibiotics, the medical profession used silver extensively. Today, silver is used medically in burn ointments and Ionic Silver is used in over-the-counter bandages. Health stores usually carry several brands of Colloidal Silver.



A physicist, with an interest in helping others take control of their own health, developed a simple system to make Ionic~Colloidal Silver electrically.

For General Health and Well-Being

Initial Use: One to 2 ounces or more daily for 2 or 3 months.

Maintenance Schedule: After the initial program, suggestions for maintenance are a) use daily 3 or 4 days per week, b) use daily for 2 weeks each month, or c) use daily for three months per year.

For Those Desiring A More Intense Program and Longer Term Use

Initial Use: 2 ounces, 4 times daily for one month. Reduce to 1 to 2 ounces daily and consider taking a break from time to time.

Maintenance Schedule: After the initial program, suggestions for maintenance are a) use daily 2 or 3 days per week, b) use daily for 1 week each month, or c) use daily for three months twice yearly.

Eventually, the maintenance schedule for general health and well being can be followed. If feeling the need for a return to the more intense program, do so at any time.



Freshly ozonate water using the Water O₃zonator

Ozone is Nature's purifier. Adding ozone to water creates additional oxygen in the water. It is suggested to drink two or more glasses of ozonated water daily.

For General Health and Well-Being

Initial Use: 16 ounces or more daily for 2 or 3 months.

Maintenance Schedule: 8 oz daily. It is suggested to take a break from time to time to give the body a rest from cleansing.

For Those Desiring A More Intense Program and Longer Term Use

Initial Use: Increase gradually from 8 to 16 ounces three times daily for one month or longer.

Maintenance Schedule: 8 oz daily. It is suggested to take a break from time to time to give the body a rest from cleansing.

We invite you to tell us about your experience with this 4-part health program or with any one of the SOTA units: story@sota.com.



Harmonic Frequencies using the Bio Tuner

The broad range of frequencies created by the Bio Tuner helps the body to relax and promotes a sense of well-being. Simply place the ear clips on the ear lobes positioning them closer to the face side of the ear lobe.

The 6 different Modes of the Bio Tuner enables the user to experiment to discover what feels or works best. With extended use, vary the Mode used. In all Modes, the base frequency of 1,000 Hz pulse-modulated by 111.11 Hz is present.

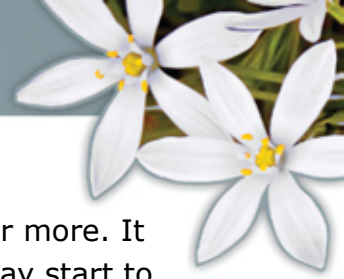
For General Health and Well-Being

Initial Use: One or two 20-minute timed sessions per day for a minimum of 30 days. It is not recommended to go beyond 40 minutes at a time as longer sessions may start to reverse the benefits.

Maintenance Schedule: As needed.

For Those Desiring A More Intense Program and Longer Term Use





Initial Use: Use for two 20-minute sessions three times per day for 30 days or more. It is not recommended to go beyond 40 minutes at a time as longer sessions may start to reverse the benefits.

Maintenance Schedule: Continue with the initial use until the effects are lasting. Suggestions for maintenance are a) 4 days per week, b) one week on and one week off.

We invite you to tell us about your experience with the Bio Tuner:
story@sota.com.

LED Light and Seven Healthy Frequencies using the LightWorks

The Hand Paddle with the LED lights can readily be applied to any area. Keep on one location or move to different locations during a session. Use the LED lights next to the skin as clothing will block the light.



The LightWorks offers several choices:

- 1) An Automatic setting that applies either Red or Near Infrared (NIR) LED Light using the Constant setting plus the 7 special frequencies. Operates for 4 minutes on each setting for a total of 32 minutes.
- 2) Constant Mode—provides LED light continuously with no pulsed frequencies. Operates for 30 minutes.
- 3) Pulsed LED light applied with any one of 7 healthy frequencies. Each pulsed Mode operates for 15 minutes.

For General Health and Well-Being

Initial Use: It is often best to build up the time gradually. Recommended use varies from minutes per day up to 1 hour daily. Light seems to be most effective when applied on a regular basis. Use daily for approximately 3 weeks before taking a break.

The effects of light trigger ongoing effects so it is not necessary to apply LED light and frequencies continuously. It is best to take breaks.

Maintenance Schedule: As needed.

We invite you to tell us about your experience with the LightWorks:
story@sota.com.

Please refer to the product manuals, or the SOTA Community website, for more information about the use of the SOTA units.